
Cooking for Cancer Symptoms

Many people with cancer have symptoms that affect their eating. The VA's Healthy Teaching Kitchen program has made educational videos focused on common symptoms from cancer and cancer treatment. These videos may also be helpful for people who have these symptoms, but do not have cancer.

Learn more about:

- Meal ideas
- Modifications
- Nutrition tips and recipes

View videos that can help you cope and overcome cancer side effects, like:



[Appetite Loss with Cancer](#)



[High Calorie and High Protein Parfait for Weight Gain with Cancer](#)



[Tips for Altered Taste and Smell for Cancer and Cancer Treatments](#)



[Chicken Salad for People with Taste and Smell Issues Associated with Cancer](#)



[Coping with Constipation During Cancer Treatment](#)



[Cancer and Food Safety](#)



[Nutrition Tips for Cancer Survivors](#)

You can use the QR codes above to view the videos. All these videos are also available by visiting www.veteranshealthlibrary.va.gov and searching “Cooking for Cancer Symptoms.”

Learn more about Cancer Care in the VA:

- [VA National Oncology Program Office](#)
 - www.cancer.va.gov
- [VA Nutrition and Food Services](#)
 - www.nutrition.va.gov